

Activity Guide

"I Am" Affirmation Boards

Affirmations are a powerful tool that use positive statements to name what you wish for in the future, and claim it in the present moment. Affirmations work to reframe an individual's long-standing thoughts.

Examples of affirmations:

- Everything I did today leads to a better tomorrow
- I deserve to be loved and to feel happy

Additionally, an affirmation can include more concrete goals that lead to success in areas of your life you're building – whether it be finding time for yourself to read or relax, creating a habit of mindfulness every day, or taking the next step in investing in a hobby. The practice of self-affirmations is helpful during change and keeping hope in your thoughts.

Use a piece of paper or cut off the side of a moving box and grab some craft materials (magazines, markers, glue, etc.) and make this piece your own. Your Affirmation Board may look like positive words or sentences written or cut out of magazines and pasted onto your board's surface, accompanied by photos or abstract items that inspire you. It can be full of color and a bit messy, orderly – or anywhere in between.

Tips

- A first step into creating affirmations that are unique for you is to identify what you have always thought of as your strengths or qualities you would like to or do embody. These will be your affirmations.
- Put your affirmation board in a door frame or in plain sight. This can help remind you to take a moment for yourself to repeat your affirmation(s) aloud.
- Schedule a time to do this activity over Zoom with supportive friends. This allows you to be socially connected while physically safe. If you are comfortable, you can all share your affirmations out loud to one another once you've completed your affirmation board. If you are not comfortable sharing your personal affirmations, you can still enjoy a Zoom meeting connecting with friends.